

Baby Cereal

APPROVED

Must Be

8 oz or 16 oz

Boxes

Dry

Plain

These brands:

Beech-Nut

Gerber



You Can Choose

Any type, including barley, mixed grain, multigrain, oatmeal, rice, and whole wheat

NOT APPROVED

Do Not Buy

Brands, sizes, and types not listed as approved

Cans

Cartons

Jars

Single-serve or individual packets

Added fruit, formula, or flavors

DHA

Organic

Prebiotic or probiotic

Baby Food – Meats

APPROVED

Must Be

2.5 oz glass jars

Plain

Stage 1 or Stage 2



You Can Choose

Any brand

Any variety

Single meat

With broth

With gravy

NOT APPROVED

Do Not Buy

Sizes and types not listed as approved

Plastic containers

Added flavors, foods, or spices

Casseroles

DHA

Dinners

Meat sticks

Mixed with fruits or vegetables

Noodles or rice

Organic

Stage 3



For Fully Breastfeeding Babies

Baby Food – Fruits and Vegetables

APPROVED

Must Be

4 oz glass jars

Plain

These brands:

Beech-Nut Stage 2 Homestyle

Gerber 2nd Foods



You Can Choose

Any variety

Combinations of fruits

Combinations of vegetables

Single fruit

Single vegetable

NOT APPROVED

Do Not Buy

Brands, sizes, and types not listed as approved

Plastic containers

Added formula or flavors

Casseroles

Cobblers

Desserts

DHA

Dinners

Grains

Meats

Noodles or rice

Organic

Stage 1, Stage 2 ½, or Stage 3

Breastfeeding provides moms and babies with lifelong health benefits. WIC supports breastfeeding. The more you breastfeed, the more WIC foods you receive!



Formula

Only the formula printed on the check is allowed. For information about WIC Approved Formulas, visit www.doh.wa.gov/cfh/WIC/formula.htm, or call WIC Customer Service at 1-800-841-1410.